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lifespan, stimulates autophagy, and especially the autophagic elimination of mitochondria, in order to significantly extend yeast chronological lifespan. Bareja et al. discuss the signaling pathways affecting aging and how they can be beneficially manipulated starting from something as simple as increased exercise. A master regulator of nutrient sensing is mTOR, and Schmeisser and Parker discusses how interfering with this particular signaling pathway can have very complicated effects. At another level, autophagy is a major pathway counteracting the accumulation of damaged (and damaging) material in cells as a function of age. Such material can be dysfunctional mitochondria, accumulated lipids and, in